

ELLINGTON SENIOR CENTER
MAY 2009

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				NO EMATS Mahjongg 10:00am Ballroom/Polka Social 1:00pm Pinochle 6:00pm SAT – 5/2/09 Setback @ 7:00 p.m.
4	5	6	7	8
EMAT APPTS Garden Thyme 9:00am Exercise Class 9:00am Tai Chi 10:30am Mahjongg 1:00pm Line Dancing 1:30pm	EMAT APPTS Bridge 9:00am Dominos 1:00pm Setback 7:00pm “Out To Lunch” Main Coast Fish Market E. Windsor 1:00 pm Geissler’s	EMAT APPTS HVCC Transit Podiatry Clinic 9:00am Shuffleboard 1:00pm *Guest: Mr. Joe Wehr <u>Board of Finance</u> 3:00pm Variety Show Meeting (Billiards Room) 6:15pm Shaw’s/Price Chopper	EMAT APPTS Sew & So/Crafts 9:30am Canasta 1:00pm Big Y/Dollar Store	NO EMATS Mahjongg 10:00am Ballroom/Polka Social 1:00pm Pinochle 6:00pm SAT – 5/9/09 Setback @ 7:00 p.m.
11	12	13	14	15
EMAT APPTS Garden Thyme 9:00am Exercise Class 9:00am Tai Chi 10:30am Mahjongg 1:00pm Line Dancing 1:30pm Musical Insights 6:00pm	EMAT APPTS Bridge 9:00am Nutrition Education Weight Management 11:00am Blood Pressure 1:30pm Diabetic Screening 1:30pm Setback 7:00pm Geissler’s	EMAT APPTS HVCC Transit Shuffleboard 2:00pm Care Giver Education Program 10:00am Ellington Singers “Pot Luck” 12:30pm Shaw’s/Price Chopper	EMAT APPTS Sew & So 9:30am Nutrition Education Weight Management 11:00am Canasta 1:00pm Better Age Club 1:00pm Big Y/Dollar Store	NO EMATS Mahjongg 10:00am Ballroom/Polka Social 12:30pm (Final Class - *Party) Pinochle 6:00pm Travelers Choral Group Bushnell 7:30pm <u>SAT</u> – 5/16/09 Ellington High School Play “The Fantasticks” 2:00pm SAT – 5/16/09 Setback @ 7:00 p.m.

18	19	20	21	22
EMAT APPTS Garden Thyme 9:00am Exercise Class 9:00am Tai Chi 10:30am Mahjongg 1:00pm Line Dancing 1:30pm	EMAT APPTS Bridge 9:00am Nutrition Education Weight Management 11:00am Canasta 1:00pm Blood Pressure 1:30pm Diabetic Screening 1:30pm Setback 7:00pm Geissler's	EMAT APPTS HVCC Transit Home Modifications for Independent Living 2:00pm Shaw's/Price Chopper	EMAT APPTS Sew & So 9:30am Nutrition Education Weight Management 11:00am Memory & Creative Writing 1:00pm Trip – "Butterfly Magic" Big Y/Dollar Store	NO EMATS Mahjongg 10:00am Pinochle 6:00pm SAT – 5/23/09 Setback @ 7:00 p.m.
25	26	27	28	29
EMAT APPTS Senior Center Closed <u>Memorial Day Observance</u> Crystal Lake 9:00am Ellington HS 10:30am Parade 11:30am	EMAT APPTS Bridge 9:00am Nutrition Education Weight Management 11:00am Blood Pressure 1:30pm Diabetic Screening 1:30pm Setback 7:00pm Big Y/Walmart – E. Windsor	EMAT APPTS HVCC Transit Shuffleboard 2:00pm Care Giver Education Program 10:00am Birthday Lunch Ellington Senior Center 12:30pm Shaw's/Price Chopper	EMAT APPTS Sew & So 9:30am Nutrition Education Weight Management 11:00am Canasta 1:00pm Better Age Club 1:00pm Big Y/Dollar Store	NO EMATS Mahjongg 10:00am Pinochle 6:00pm SAT – 5/30/09 Setback @ 7:00 p.m.
Upcoming Activities		Monthly Features		Reminders
(See Newsletter) Nutrition Education & Weight Management TRIAD Senior Safety Day – Ice Cream Social -6/11/09 <u>Trips</u> Butterfly Magic – 5/21/09 - Trip The Majestic – 6/17/09 – Trip CT River in Massachusetts – 7/9/09 - Trip <u>Evenings</u> Musical Insights – Second & Fourth Monday of month 6:00 pm Cards: Setback – Tuesday & Saturdays 7:00pm Pinochle – Friday at 6:00pm		Better Age Club – 2 nd & 4 th Thursday of month Blood Pressure Clinic/Diabetic Screen –2 nd & 4 th Tues of the month 1:30pm Cards and Games – (see newsletter) Sew & So – Thursday 9:30am Memory & Creative Writing –3 rd Thursday of month - 2:00pm Podiatry Clinic – First Wednesday of month 9:00am Veteran's News – (monthly – see newsletter) Anna L. Turner MSW– Outreach Municipal Agent – (Monthly dialog - newsletter)		Transportation Line: 870-3137 Hours: 9:00 am – 1:00 pm All Information for the upcoming newsletter needs to be into the Directors Office no later than 6/5/09